

Spartans Speak on COVID-19

COVID-19 has changed the lives of many individuals around the world. It has affected education, work environments, and daily activities. For me, COVID-19 has impacted my last semester in college by converting all of my classes to online courses. This was a transition for me since I enjoy having class in person and being able to see my friends on campus. I will also not be having a graduation this year like many other students. Even though I will not be having a “normal” graduation, I feel very proud of my accomplishments. One of those accomplishments was being able to get a job offer at my internship. I started working as a UM coordinator for Excel MSO during March. Obtaining this role has taught me to adapt to working remotely. Working from home can be difficult at times but I’ve had the support of my family and coworkers during this time which I am grateful for. Like many of us, our days consist of being inside all day and this can be stressful so, to help me cope with the new normal, I have been going on walks around my neighborhood with my mother. This has helped me feel relief from being at home all day. These walks have also helped me stay active and also helped me spend more quality time with my mom. COVID-19 has definitely been challenging but it also has taught me new skills. It has helped me find ways to adapting to challenging situations, and most importantly reminded me how important it is to have quality time with our loved ones.

